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SHOUT AT THE DEVIL

A crowd of 7,000 screaming fans didn't go away mad after California's Mötley Crüe kept heads banging at the MTS Centre Tuesday night. Lead singer Vince Neil and the rest of the notorious band were in the city as part of their 2013 Canadian tour. SHANE GIBSON/METRO

Flood money all dried up

2011 after-effects. Farmers say fields remain useless, First Nations still displaced

There goes retirement

"There's not a lot of interest in buying land that can be flooded any time the government sees fit."

Jonas Johnson, who farms near Lake Manitoba.

Manitoba farmers who say they are still suffering the effects of record flooding in 2011 took to the legislature Tuesday to demand more money.

"People who are artificially flooded are entitled to full compensation," Jonas Johnson, who farms near Lake Manitoba, told a crowd of about 100 protesters.

"The citizens of Lake Manitoba can no longer afford to bankroll the flood-proofing of other areas of this province."

Johnson was one of several producers who blocked the operation of the Portage Diversion channel for 12 hours last month. The diversion takes water out of the Assiniboine River and dumps it into Lake Manitoba.

In 2011, when the Assiniboine hit record levels, the government expanded the diversion and put much more water into the lake, causing nearby properties to be swamped.

The effects are being felt to this day — many fields haven't been usable since, and almost 2,000 First Nations residents remain evacuated as new homes are sought.

Federal-provincial relief programs normally cover one year's losses for a single disaster. Protesters say they deserve to be compensated for losses in 2012 and this year as well.

The NDP government said Tuesday it has paid out an average of \$300,000 per producer in the area for 2011 losses and would be willing to cover losses in 2012 and 2013 if the federal government gets on board.

When Johnson and other farmers set up their blockade, the province got a court injunction to clear them out.

That injunction was set to expire this week, and the government was due in court Tuesday to seek an extension. However, the two sides reached an agreement that saw the farmers agree not to set up any more blockades this spring.

Meanwhile, many aboriginals who were evacuated are still waiting to go home.

The province had offered temporary accommodation on a former military radar base, but only a handful accepted. Some said the area is overrun with snakes, while others worried they might be stuck there permanently if they agree to go. **THE CANADIAN PRESS**

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THE UNIVERSITY OF WINNIPEG

Grant Park. Councillor wants more details on Shindico proposal

A proposal by Shindico to develop an 18-hectare parcel of land in Grant Park for a mixed-use development got support from all members of a city committee, except its chair.

Coun. Jeff Browaty (North Kildonan) said he felt there are outstanding issues regarding this property, which is on the south side of Taylor and Sparling avenues north of the rail lines.

"I was uncomfortable moving forward on this piece until we had all the details on that immediate area," he said after Tuesday's property and development committee meeting.

"It's just the number of dollars, capital dollars, that they're talking about are very significant for all of the different pieces and I'd feel more comfortable knowing the complete ramifications."

Among Browaty's concerns are how the Jubilee underpass, the second phase of rapid transit expected to go through the Parker lands, and land drainage between the two might be affected.

A city report says the 18-hectare parcel of land will be subdivided into 16 lots and is slated for mixed-use development, including "large and small format retail, restaurants, hotel, entertainment, office, flex space and multiple-family residential uses."

Most councillors on the property and development committee — among them, the ward councillor, John Orlikow — passed both the Taylor Redevelopment Master Plan and a rezoning of the land.

BERNICE PONTANILLA/METRO

Distracted driving. Demerits coming for texting behind the wheel

Texting and driving? That'll be two C-notes and some unwelcome demerit points.

Premier Greg Selinger said Tuesday that the province plans to add demerits, as well as a \$199.80 fine, if drivers are caught texting behind the wheel.

CAA Manitoba said it supports the move. "CAA members have consistently identified distracted driving as the number-one road-safety concern," Mike Mager, president of CAA Mani-

toba, said in a press release. He said after almost three years since the talking and texting law came into effect, motorists' habits haven't changed much.

CAA regularly surveys its members about distracted driving, Mager said. In February, 77 per cent of CAA members said demerits should be added to the current fine structure.

There was no word on when demerits would take effect, but Selinger said it could be as many as four demerits. **METRO**

Busted. Police uncover IDs, methamphetamine in traffic stop

A man who was pulled over for driving without a valid licence plate on Monday is in a lot more trouble after police say they found meth and other people's IDs in his car.

Police pulled over the Nissan Maxima with an inactive plate near Salter Street and Pritchard Avenue at about 10:40 a.m., and a computer check showed the man behind the wheel was a suspended driver.

A vehicle search netted 10 individually packaged syringes,

44 grams of meth with a street value estimated at \$13,410, a small amount of pot, a cell-phone, drug paraphernalia and numerous identifications not belonging to the driver, police said. Jacques Girardin, 37, is charged with possessing a substance for the purpose of trafficking, possessing the identity information of another person, selling an identity document and a handful of other offences under the Highway Traffic Act.

METRO

New café coming to Kildonan?

At long last. 10-year lease agreement with WOW Hospitality gets committee backing



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A new tenant could be moving into the restaurant space in the newly renovated Kildonan Park Peguis Pavilion.

The 2,977-square-foot area, which has been vacant since November 2008, has undergone \$2 million in upgrades by the city.

On Tuesday, city planning director Barry Thorgrimson said the 10-year-lease proposal is with WOW Hospitality Concepts. "We're extremely excited about bringing this forward. It's been vacant far too long," he said. "We do want that café to be predictable and reliable all year round."

Coun. Jeff Browaty (North Kildonan) said the city is still

working with WOW Hospitality on adding breakfast and lunch hours of operation.

"It'd be nice to get that straightened up, so that the park isn't just a destination for dinner. It's a place to use all the time, during the day," he said. "Hopefully, there is a business case for them to keep the café side, at least, open most of the year, during lunch and that."

A report to the property and development committee says WOW Hospitality plans on operating a café at the front, serving coffee, ice cream and other snacks, and a wood-fired pizza oven. A dining room will feature Canadian regional cuisine, with seasonal menus.

Similar to the city's lease agreement with Chez Sophie Bistro on the Esplanade Riel, gross rent for WOW Hospitality will be waived for one year. Rent for years three to five is set at \$2,500 a month and then \$3,000 a month in years six to 10.

If approved, the restaurant would likely open on Canada Day.



The restaurant space at the Kildonan Park Peguis Pavilion has undergone a \$2-million renovation. BERNICE PONTANILLA/METRO

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1 NEWS

Should cops have found missing women sooner?

Tough questions.

Cleveland police under scrutiny after rescue of captives who vanished almost a decade earlier

One neighbour says a naked woman was seen crawling in the backyard of the house a few years ago. Another heard pounding on the home's doors and noticed plastic bags over the windows.

Both times, police showed up but never went inside, neighbours say. Police also paid a visit to the house in 2004.

Now, after three women who vanished a decade ago were found captive at the house Monday, Cleveland police are facing questions about their handling of missing-person cases and are conducting an internal review to see if they overlooked anything.

City Safety Director Martin Flask said Tuesday that investigators had no record of anyone calling about criminal activity at the house but were still checking databases.

The women were rescued after one of them kicked out



Ariel Castro



Pedro J. Castro



Onil Castro



Amanda Berry, right, hugs her sister Beth Serrano after being reunited in a Cleveland hospital Monday. Berry and two other women were found in a house near downtown Cleveland Monday after being missing for about a decade. THE ASSOCIATED PRESS/FAMILY HANDOUT

the bottom of a locked screen door and called 911. Neighbour Charles Ramsey heard the woman screaming and helped in the rescue.

"Help me. I'm Amanda Berry," the woman breathlessly told a dispatcher in a call that

exhilarated and astonished much of the city. "I've been kidnapped and I've been missing for 10 years and ... I'm free now." Berry, 27, Michelle Knight, 32, and Gina DeJesus, about 23, had apparently been held captive in the house since

their teens or early 20s, said Police Chief Michael McGrath. Three brothers, ages 50 to 54, were arrested. One of them, Ariel Castro, owned the home. No immediate charges were filed. A six-year-old girl believed to be Berry's daughter was also

found, said Deputy Police Chief Ed Tomba. He would not say who the father was.

The women were reported to be in healthy and were reunited with family but remained in seclusion.

THE ASSOCIATED PRESS

Aug. 23, 2002

Michelle Knight, 20, vanishes. She was last seen at a cousin's house.

April 21, 2003

Amanda Berry, 16, disappears after leaving her job at a Burger King a few blocks from her home.

January 2004

Police go to Ariel Castro's home about three miles from where Knight and Berry were last seen. No one answers the door.

April 2, 2004

Georgina "Gina" DeJesus, 14, disappears while walking home from school.

March 2, 2006

Berry's mother, Louwana Miller, 43, dies. She had spent the three years looking for her daughter.

May 6, 2013

Knight, Berry, DeJesus and a six-year-old girl are found at Castro's home. Police arrest three brothers, Ariel, Pedro and Onil Castro, in connection with the disappearances.

Acadia University

Recent grad dies while vacationing in Mexico

Acadia University is mourning the loss of a student vacationing in Mexico.

A spokesman for the Nova Scotia school confirmed to Metro on Tuesday night that a recently graduated student had died in Cancun. Few details were provided, including the student's name.

"I am deeply saddened to inform our campus community that one of our graduating students passed away suddenly this morning while on vacation in Cancun, Mexico. We have few details about the circumstances at this time," Scott Roberts told the King's-County Register.

In an email to Metro, Roberts said the incident occurred on a privately-organized vacation and wasn't associated with the university. METRO



Dozens dead in Mexico blast

Firefighters work next to destroyed houses and vehicles after a gas tanker truck exploded on a highway in a Mexico City suburb early Tuesday. The blast killed and injured dozens, according to the Citizen Safety Department of Mexico State. GABRIELA SANCHEZ/THE ASSOCIATED PRESS

Senate big spenders on the hook for big bucks

Two senators will be asked to reimburse taxpayers for large sums after an audit of their expenses, according to a source familiar with the results of the investigation.

Sen. Patrick Brazeau, who sits as an independent, will be asked to pay back about \$30,000, and Liberal Sen. Mac Harb owes the government more than \$100,000, the audit reportedly indicated.

Internal Senate committees are expected within the next two days to debate whether the audit findings should be passed on to the RCMP for possible investigation, the source said.

The report is the latest development in the uproar over spending by senators on housing and travel expenses.

The independent forensic auditors have asked for more time to examine the travel



Sen. Patrick Brazeau
THE CANADIAN PRESS FILE

expenses of Conservative Sen. Pamela Wallin. Wallin has reportedly already repaid a considerable sum to the government in connection with questionable expenses.

But the investigation of her claims is not over, the source said.

Conservative Sen. Mike Duffy has also been investigated over funds he has claimed to pay his living allowance in Ottawa.

But he reportedly returned more than \$90,000 in expenses earlier this year after questions were raised about whether he should claim a cottage in Prince Edward Island as his principal residence. He has said he "may have been mistaken" in filling out forms about his principal residence.

Senators whose principal residence is more than 100 kilometres from Ottawa can claim living expenses to pay for the extra expense of staying in Ottawa for their Senate duties.

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Tallying up the cost of boomerang kids

The parent trap. Report finds majority of boomers have stepped up to help support adult children

Along with reduced pensions, low returns on their savings and high debt, Canada's boomer generation is facing an additional burden as they ease into their retirement years — their "boomerang kids."

A report from TD Canada Trust suggests boomers are taking on more of the responsibility for their adult children struggling to attain financial self-sufficiency in the post-recession years of high youth unemployment and low wage gains.

The report, based on an online survey by Environics Research, shows a majority of boomers have stepped up to help support their adult children, and that as many as one-in-five say they would be

prepared to put their own financial security at risk to help out.

The No. 1 way of helping out is providing free room and board, but also contributing to major purchases like cars or computers, helping pay for rent and groceries and, of course, paying off credit card bills.

"Today high youth unemployment, increasing post-secondary education costs and high property prices mean many young people are more likely to rely financially on their parents well into adulthood," says John Tracy, senior vice-president of TD Canada Trust, of the results.

But Tracy warns boomers there is a risk of doing too much, particularly if it jeopardizes retirement plans.

Other studies have noted that with more than 60 per cent of Canadians not having a company pension plan to fall back on, many pre-retirees have not saved suf-

Youth unemployment

- At 14.2 per cent, youth unemployment remains more than twice that of other workers.
- But that does not tell the entire story. The 15-24 year cohort is the only age group that Statistics Canada calculates is still below the employment level that existed before the recession.

ficiently to maintain anything resembling their current lifestyles. Some have chosen to work beyond traditional retirement years to maintain their standard of living.

At the other end of the age spectrum, young Canadians remain the most affected by the 2008-09 recession and the subsequent weak recovery.

THE CANADIAN PRESS



Daring to celebrate curves

A new homegrown publication is seeking to help elevate the profile of curvier women in the fashion world. Dare Magazine, an online offering for curvy women size 12-plus, has been launched by fourth-year Ryerson University fashion communications student Diana Di Poce. Describing herself as "plus-size all my life," Di Poce said she has long been interested in fashion and beauty magazines, but found representation of average-size women on their pages lacking. THE CANADIAN PRESS

Q1 results

WestJet stock drops over new capacity concerns

WestJet Airlines Ltd.'s "best ever" quarterly earnings were overshadowed Tuesday by a drop in its stock, as investors worried whether the airline will be able to profitably fill its planes as it increases capacity. Shares fell by as much as 13 per cent on the Toronto Stock Exchange, but recovered later in the day to close down \$1.85 or 7.5 per cent at \$22.87. THE CANADIAN PRESS

Market Minute

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Astral hearings

Force Bell to sell Movie Network (so we can buy it), Rogers tells CRTC

Bell should be forced to sell Astral's Movie Network pay TV service if the CRTC is going to allow the \$3.4-billion revised merger of the two companies to go ahead, Rogers Communications Inc. said Tuesday. However, Rogers also told a hearing it would like to buy Astral's Movie Network for itself.

THE CANADIAN PRESS

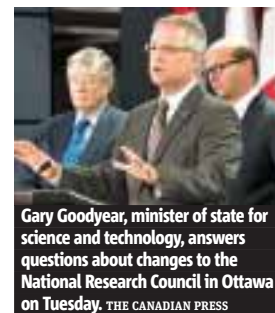
Feds tell research council to focus on helping industry

The Harper government is telling the National Research Council to focus more on practical, commercial science and less on fundamental science that may not have obvious business applications.

The government says the council traditionally was a supporter of business, but has wandered from that mandate in recent years — and will now get back to working on practical applications for industries.

The council has become a loose web of individual fiefdoms, each pursuing its own goals, Gary Goodyear, minister of state for science and technology, told a news conference Tuesday. The result, he said, was an inflexible agency that lost its ability to respond to the needs of industry. He said the revamped agency will concentrate on industrial research, new growth and business development.

THE CANADIAN PRESS



Gary Goodyear, minister of state for science and technology, answers questions about changes to the National Research Council in Ottawa on Tuesday. THE CANADIAN PRESS

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VIRTUAL REALITY BITES, TOO

What would you do if you found out someone was calling you a lying, cheating, perverted, sex maniac pedophile all over the Internet?

If all of this made-up propaganda was having a real impact on your career as a teacher?

If someone posted pictures of you naked on your own Facebook page?

What would you do if there was nothing you could do?

Welcome to Lee David Clayworth's nightmare. He's a 35-year-old Vancouver teacher who, back in 2010, was in a relationship with a woman named Lee Ching Yan when he was teaching in Malaysia. After a few weeks, she seemed increasingly vindictive and controlling, so he broke up with her — thereby driving his life into the ditch.

He says his former girlfriend broke into his apartment and swiped his laptop and hard drive — as well as his passport, money and all his clothes. That was bad enough, but it



JUST SAYIN'
Paul Sullivan
metronews.ca

wasn't long before two-and-a-half years of on-line harassment began.

It's not hard to find verification for his accusation. Even today, the first reference that comes up when you Google Lee David Clayworth is a post on something called liarscheatersrus.com accusing him of cheating ... adding that he has a nasty STD to boot.

Clayworth sued Yan for defamation in Malaysia — and won. But that did nothing to stem the cyberbullying ruining his life. So he's taken to telling his story to the media, and now the defamation is tempered by numerous defenders rushing to his aid.

Still, it's going to take a while before his worldwide web reputation is restored. It would help if he could find his tormentor, but she could be in Australia. Or not. He doesn't know where she is; just that she's still wreaking havoc.

You could argue you should never post nude pictures of

yourself anywhere. Don't even get naked. Stay fully clothed. As we've all learned, your private stuff is not really private when phishers and hackers are determined to steal it. Lee David Clayworth probably learned that lesson nearly three years ago. He doesn't really need to keep learning it.

As for the rest of us, we're all learning, day after day, that the Internet is a new and powerful way to hurt other people. Malicious trolls and bullies violate our private places and make our lives a living hell, especially if we're already vulnerable. Just ask Amanda Todd. Just ask Rehtaeh Parsons.

The guys who invented the Internet had no idea it was going to turn into an instrument of torture. Never mind that it's a great place to learn how to make a bomb.

It's probably too late for Lee David Clayworth — if you were a school principal, would you hire the star of liarscheatersrus.com, even if you knew he was falsely accused? — but law enforcement is moving in to end the wild freedom and anonymity that characterizes the Internet.

Too bad, but it turns out virtual reality bites, too.

ZOOM

A heartbreaking pic of staggering cuteness



COURTESY/WIRES

Koala left homeless

He came back, only to find his home gone. This confused koala was found last month atop shredded bark, where once his woodland habitat stood, in Vittoria State Forest, some 185 kilometres west of Sydney, Australia. A forestry worker reported the marsupial to wildlife rescue service WIRES, who sent a volunteer to rescue the animal. **METRO**

Recovering at the vet before return to wild

The young sub-adult male koala was discovered with an eye infection, and was brought to a local veterinarian where he spent a few days in care. After his eye fully healed, the animal was released into a nearby koala habitat. "My feeling is that I am glad we were able to rescue the koala and take it into care in good time," WIRES general manager Leanne Taylor told Metro. **METRO**

Click bait



HANNAH ZITNER
hannah.zitner@metronews.ca

With Chris Hadfield's adventures in space making headlines in recent months, space exploration has gained a new dose of respect (and even a few new songs). If @Cmdr_Hadfield's 140 characters aren't enough to satiate your appetite, you can fill the black hole with these space blogs.



Bad Astronomy:

Formerly found on Discovery Magazine's website, Phil Plait's Bad Astronomy blog has now landed on Slate. Having worked on the Hubble telescope for 10 years, Plait knows a thing or two about the stars — and regularly debunks popular space myths.

Space:

Home to all things out of this world, Space.com posts accessible videos, graphics and articles about skies, stars and the search for life. If you don't

care to read about the stars, at least visit for the photos (and maybe you'll stay for the articles).

Basic Space:

Scientific America's space blog — cleverly named Basic Space — decodes space and astrophysics research. Don't really understand bosons? Me neither, but I do now thanks to writer Kelly Oakes (apparently, Margaret Thatcher was ahead of us on this and very clearly knew about the W Boson).

Letters

RE: Where Does Religion Fit In?, published May 6

I feel compelled to expand upon the writer's argument supporting a "hands-off" approach to her child's religious education by asking a few additional questions.

Why teach our children anything? Surely our kids would be better off never learning to read. Isn't that the only way to prevent them from being exposed to negative media, unfriendly text-messages or emails, or the need to count calories in food to the chagrin of their self-image?

Of course the fallacy in this argument is self-evident. We as parents have an opportunity (and responsibility)

ity) to provide our children with the tools and confidence to excel within society. This means investing in every aspect of their physical, emotional, intellectual and spiritual upbringing.

To overlook the good within religion amidst the bad, is to throw the baby out with the baptismal water. Embracing religious illiteracy offers no protection, no comfort, and no direction. And it offers no assurances of a healthy development fuelled by personal choice, popular opinion and a world of relative truth.

What it does offer, is an easy way-out-approach to a common problem ... one that may not prove so easy in the end. Kudos — of course — on a very thought-provoking article. Best wishes to each parent on their own journey.

Gregory Day, Toronto

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Leonardo DiCaprio and Carey Mulligan star in the latest film rendition of *The Great Gatsby*. HANDOUT

Difficult finding the Great when it comes to Gatsby on big screen

New movie. Capturing the mood of one of the best books of the last 100 years has proven exceedingly difficult for filmmakers



IN
FOCUS
Richard Crouse
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F. Scott Fitzgerald's *The Great Gatsby* is one of the best-known novels of the 1900s.

Dubbed one of the two best books of the last century by The Modern Library, these days *Gatsby* may be more familiar as the movie that reestablished Vincent Chase's career on the show *Entourage*.

On the HBO series, Chase (Adrian Grenier) was a fast-fading movie star until Martin Scorsese cast him in a movie based on the book. That fictional film became a big hit and put Chase back on top of the Hollywood heap.

This weekend *The Great Gatsby* comes to the big screen for real when Moulin Rouge director Baz Luhr-

mann unleashes a 3D version of the story starring Leonardo DiCaprio and Carey Mulligan.

It's not the first time the life and times of doomed Jazz Age millionaire Jay Gatsby has appeared in theatres.

In 1926, just one year after the book was published, a silent movie starring William Powell was released. The movie was popular with audiences but at least two paying customers weren't impressed.

Scott Fitzgerald and his wife, Zelda, walked out of a screening. Later an incensed Zelda wrote to her daughter, "We saw *The Great Gatsby* in

the movies. It's rotten!"

A 1949 film noir version spun the story to fit its lead actor. Movie tough guy Alan Ladd — billed as Ladd: Man of Violence and Mystery — stars in a cautionary tale about learning "the hard way about the wages of sin."

To play up to Ladd's core audience he's seen firing a machine gun in a story that focuses on *Gatsby*'s violent history as a bootlegger. Despite Ladd's fame and passion for the project (he personally convinced Paramount to make the film), the movie was not a success, and was eventually withdrawn by the

studio. To this day it's still hard to find a copy.

The most famous version to date starred two of the biggest stars of the 1970s: Robert Redford and Mia Farrow. Working from a script by Francis Ford Coppola — who lived in F. Scott Fitzgerald's home while he wrote the screenplay — the movie stays true to the novel. Embellished by beautiful set design and lush costumes, it's a treat for the eyes, but received tepid reviews. The New York Times wrote, "the movie itself is as lifeless as a body that's been too long at the bottom of a swimming pool."

The last women standing on American Idol

It hasn't been an easy road for the three final American Idol contestants.

Candice Glover was twice rejected by the show before making it to the final three. Kree Harrison chased her dream for so long in Nashville, she thought it might be time to give up. And Angie Miller sang a stirring dedication following the Boston bombing. Now the three will duke it out Wednesday on Fox as one is crowned the winner on next week's finale. Here are their stories.

THE ASSOCIATED PRESS

Candice Glover

The third time has been the charm for Candice Glover. She made it past the first round of American Idol auditions in Season 9 and Season 11, but didn't make it to the semifinals. This season, her slow, burning, powerful version of The Cure's *Lovesong* was called the greatest performance ever on the show by judge Randy Jackson.

Angie Miller

Angie Miller's poise and confidence seem as effortless as her high notes. One of her most rousing Idol performances came after the Boston Marathon bombings, when she dedicated the song *I'll Stand by You* to "my home, Boston."



Kree Harrison

American Idol finalist Kree Harrison has a piece of advice for aspiring contestants.

"You have to know who you are because if you don't, it's even harder."

The native Texan has spent the last 13 years in Music City chasing the dream, and part of that long journey has been maintaining her personal vision as an artist. That vision has landed her as one of three finalists on Idol.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Mariah Carey and Nick Cannon

This isn't Love and Hip Hop

In an appearance on the KTLA Morning News, Nick Cannon defended his wife Mariah Carey and her on-going feud with co-judge Nicki Minaj on American Idol.

"My wife (had) foreseen all this. She tried to tell the network, 'I don't think this is going to work. I'm afraid ... I don't need this.'" Cannon said Carey warned that pairing her and Minaj on the same panel

was "taking it in the wrong direction, because this is going to turn into one of those reality shows. She's like, 'I didn't sign up to be on Love and Hip Hop.'"

But that doesn't mean Carey is letting the fighting bother her. Per Cannon: "She comes home and just doesn't have time for it. She's too busy trying to be the world's biggest superstar-mom."



Kat Von D. ALL PHOTOS GETTY IMAGES

Sure, she gets cramps, but gender won't define Kat

In her third book, Go Big or Go Home, acclaimed tattoo artist and reality star Kat Von D delves deep to tell stories from her own life, as well as the experiences she's shared with clients. But she's still not sure if she's the ground-breaker she's made out to be.

In a recent interview with Metro, Von D says she doesn't want being a woman to define her career. "Although I feel lucky to be a girl because it's fun to be a girl, I get kind

of annoyed by these uber-feminists who make gender such a big part of who they are," the reality TV star said when we asked her what it's like being a female tattoo artist in such a male-dominated industry.

"I don't think gender should define you. I've always wanted my work to speak for itself. So, as for the challenges of being in a male-dominated field? I get cramps once a month, but that's it."



Ja Rule

Ja Rule leaves lockup after serving time for tax conviction

Federal authorities say platinum-selling rapper Ja Rule has left federal prison.

The Federal Bureau of Prisons says he left a correctional facility in New York's Adirondacks on Tuesday, though time remains on his sentence.

The bureau says the release date for the 36-year-old rapper, whose real name is Jeffrey Atkins, technically remains July 28, with possible community-based supervision for the balance. TMZ reports his wife picked him up and that he'll remain in home confinement until then. **THE ASSOCIATED PRESS**



Lauryn Hill

Lauryn Hill's going to jail

Looks like blaming slavery isn't enough to keep Lauryn Hill out of jail. In addition to having to pay a \$60,000 fine, the singer was sentenced yesterday in Newark, N.J. to three months of prison, three months of house arrest, and nine months of supervised release for not paying taxes on the \$1.5 million she made from 2005 to 2007. "I am a child of former slaves who had a system imposed on them. I had an economic system imposed on me. I sold 50 million units (and) now I'm up here paying a tax debt. If that's not likened to slavery, I don't know what is," she told the judge in her defence. (The judge was not swayed.)

"I had an economic system imposed on me." Is Lauryn Hill going to be the new spokesperson for the Tea Party? Better not tell her about Obamacare or else she's really going to flip.

The Word

Vonn and Woods take their romance public

Well, lookie here. Tiger Woods and Lindsay Vonn went out as an "official" couple.

The sports duo showed up together at the annual Costume Institute Gala at the Metropolitan Museum of Art in NYC on Monday night.

But according to Us Weekly, their big night out wasn't without its problems, as Woods maybe had a little too much to drink.

At the gala's after-party at the Standard Hotel, the two did get handsy with one another (an onlooker tells the magazine they "chatted, drank, held hands and kissed for much of the night.") But then around 2 a.m., a "seemingly tipsy" Woods fell on the ground and didn't move until Vonn helped him up.

Seems like an excellent ending to a first outing to me.

METRO WORLD NEWS



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In Oregon's Stumptown (one of Portland's nicknames, evoking a bygone era of rapid land development and tree-cutting) living thrifty is living well. And there's plenty of free things to do around town.

PHOTOS AND STORY: THE ASSOCIATED PRESS



Powell's City of Books

Step back into the foggy mists of yesteryear — OK, maybe just a decade or two — when bookstores were still a viable enterprise. If Portland, as television's *Portlandia* suggests, does keep alive the dream of the '90s, then Powell's is its muse. People-watch, browse away or curl up in one of the comfy chairs. The block-long bookstore is a mainstay on tourism guides. It's a haven for used, out-of-print, rare or autographed books.

5

Free things to do in Portland



Forest Park

Five thousand acres (2,023 hectares) of rolling hills, fire lanes and the simple stillness of the Oregon wild are within city limits, less than a 10-minute drive from downtown Portland. The park is best enjoyed by a slow amble up the Wildwood Trail, with creeks bubbling and chipmunks chittering under a shady conifer canopy. Only a short drive away is Washington Park, home to the International Rose Test Garden, with more than 10,000 rose plants.

Farmers Markets

For the daring, the curious and the shameless, Portland's farmers markets mean one thing: free tastes. Perhaps it's the Rogue River Blue Cheese at the Thursday market in Northwest. Or perhaps the carnivores in your group will make for the beef and chicken of Viridian Farms, darlings of the local restaurant scene. Samples of almost everything are made bite-sized and jammed on a toothpick, and markets can be found nearly every day of the week, anchored by the massive Saturday Market downtown.



Old West architecture

With all the flannel, unicycles and pour-over coffee, it's easy to forget that Portland was once an Old West town, a fact reflected in its architecture if you're willing to look hard enough. The best example is the Pioneer Courthouse downtown, the oldest federal building in the Pacific Northwest. The dark wood of its halls, constructed in 1869, make it a quiet refuge from the busy, adjacent courthouse square. Six blocks east bring you to The Lotus, opened as a "soda bar" during Prohibition (yeah, right) built underneath the Lotus Hotel, a reputed brothel.

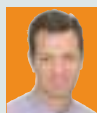
Used stuff

Buffalo Exchange, the used clothing store chain, at those prices? Never. The most Portland part of Portland, the one that inspires the jokes, is on Hawthorne Boulevard, where you'll find House of Vintage, Red Light Clothing Exchange and half a dozen others. It's not just recycled clothing that sets this city apart. But you don't have to spend anything to take in the scene: browsing is free and people-watching is a sport.



Newfoundland

Seamus O'Regan talks The Rock



ON THE MOVE
Loren Christie
life@metronews.ca

Seamus O'Regan, former co-host of Canada AM, is a broadcaster, writer and proud Newfoundlander. I recently chatted with him about his home province and why it should be on every traveller's

hit list.

What are the top three places people should visit in Newfoundland and Labrador?

Top of my list is the Torngat Mountains but that is so far north in Labrador, part of Canada's newest national park. Very difficult to get there; tough and expensive. You need to get to Goose Bay and from there to Nain, where you will need a helicopter and a boat. That is a very aspirational destination.

I think Gros Morne is unbelievable. It's a slice of Norway that's been put into

our country.

Signal Hill (in St. John's). There are very few cities in the world that have a national historic site and such a beautiful hike right in the city. My preferred route is up the hill by side of the road and then coming down the back along the cliff and into the city and then straight to the Duke of Duckworth.

Is that the best pub in St. John's?

It's my pub. The Duke was my home away from home. Allan Hawco (lead actor on the CBC's *Republic of Doyle*)

is more of aficionado. They replicated the Duke on a sound stage for the show. It's a genuine Newfoundland pub, the real deal. Owners are amazing.

When is the best time to go?

I like early July because that's when the iceberg season is meeting the whale season. Icebergs making their way down the Eastern seaboard and whales coming up. My friend Stan Cook has a sea kayaking operation in Cape Broyle that is legendary. To be on the surface of the water and see an iceberg and a whale — by



Beautiful Newfoundland. FLICKR

the way it is exceptionally safe — is the most extraordinary feeling.

Napa Valley for next to nothing

Wine and dine.

There's still a few places to find some freebies in a destination known for its pricey offerings

Love the lush and lovely Napa Valley but hate how expensive it can be? You're not the first. In the late 19th century, writer Robert Louis Stevenson moved his honeymoon to the rustic but free setting of an abandoned mining camp when the \$10-a-week going rate for Calistoga hotels proved too much for his slender purse.

You're not likely to find free lodging today, but there are a number of things you can enjoy.

The scenery

There are two main ways to see the Napa Valley by car.

Highway 29 is a straight shot from the south end of the valley — marked by the famous Grape Crusher Statue

— through Napa, Yountville, Oakville, Rutherford, St. Helena and Calistoga. Along the way are dozens of restaurants and wineries, including the Robert Mondavi Winery and Inglenook, the winery restored by director Francis Ford Coppola. Be aware traffic gets heavy at rush hour and slows to a crawl when there's a big event going on, such as the annual wine auction held the first weekend in June.

To reach the Grape Crusher Statue from Highway 29 (heading north from the San Francisco Bay area), turn left onto Soscol Ferry Road, continue on Vista Point Drive, then continue onto Napa Valley Corporate Drive and then right at the statue.

The other driving option is the Silverado Trail, which is most easily picked up by taking the Trancas Street exit from Highway 29 in Napa and then turning left when you see the sign for the Silverado Trail. The trail more or less runs parallel to Highway 29 but is quieter, winding through green vistas of vineyards and rolling hills.



There's plenty of art to be enjoyed in Napa Valley. THE ASSOCIATED PRESS

Wineries along this route include Mumm Napa Valley.

Wineries

The days when winery owners routinely poured their wares for free are no more, although several wineries offer two-for-one tasting coupons (check online before

you visit), and others will waive tasting fees if you buy a bottle to take home. But there is still at least one winery offering tariff-free tasting. That would be Sutter Home Family Vineyards — the people who introduced America to white zinfandel in the 1970s — in St. Helena. Stop by the charm-

ing tasting room on Highway 29 in St. Helena (277 St. Helena Highway) and taste up to four wines free from the eight-wine tasting menu, which includes a zinfandel port.

Markets

The Napa Valley is famous for fine dining and you can

Artful touring

More than 75 wineries have art on display all year long. Some of the places to see free art anytime include The Hess Collection's contemporary art museum, featuring works from the private collection of owner Donald Hess (4411 Redwood Road, Napa, 10 a.m.-5 p.m.), and The Baron Wolman Gallery at Markham Vineyards (2812 St. Helena Highway, St. Helena, open daily 11 a.m.-5 p.m.), with photographs by Wolman, Rolling Stone's first chief photographer.

watch some of the city's top chefs plying their trade at the Napa Chef's Market, a free weekly event on Thursday nights in downtown Napa. Traffic is rerouted so the market is like a big street party. There are two cooking demonstrations at 6:30 p.m. and 7:30 p.m. where you can watch the food being made and then enjoy a taste when it's done. THE ASSOCIATED PRESS

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Travel tips from a bona fide Globetrotter

Pro pointers. Hearst Magazine publisher and 'travelaholic' Michael Clinton shares his advice for making your vacation great

MEREDITH ENGEL

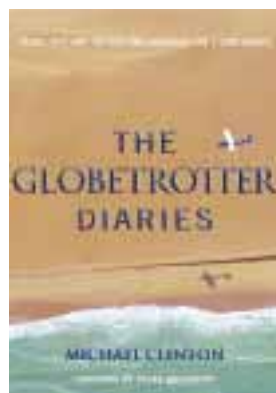
Metro World News in New York

As the president and publishing director of Hearst Magazines, Michael Clinton does more than hop on flights for work. He's a self-described "travelaholic."

And in his new book *The Globetrotter Diaries*, which he bills as hybrid travel guide and memoir, he shares his travel tips coupled with insider insights on his favourite destinations. With summer right around the corner, we asked Clinton to share some of his insider knowledge with the rest of us.

Fly early

"Take the earliest flight out to avoid delays in traffic, se-



curity and flight departures," says Clinton. "That 6 a.m. flight might mean a brutal wake-up call in the middle of the night, but you'll know that your airplane is there and it'll be one of the first flights out before the airport gets too congested. You'll have no traffic and you'll get through security faster."

Bring your family into planning

Make sure that there is something for everyone while planning your vaca-



According to Michael Clinton, Paris is a bucket list must-see. ISTOCK

tion. "An unhappy teenager can ruin any vacation," he notes. "I've heard too many stories from parents who had a miserable trip because they were interested in visiting a place, but their kids

didn't want to go there."

Go with the flow (but have a backup plan)
Embrace your inner globetrotter and see where your travels take you. "Half the fun of

travel is the unexpected," he says. But some surprises aren't always welcome: Be sure to "read the fine print for extra charges" as well as "always have a Plan B, as a plan can oftentimes fall apart."

Quoted

"An unhappy teenager can ruin any vacation. I've heard too many stories from parents who had a miserable trip because they were interested in visiting a place but their kids didn't want to go there."

Michael Clinton, author of *The Globetrotter Diaries*

Get points

"Build on your favourite airline premium status for upgrades, faster boarding and special treatment."

Pack light

"Carry on at all times, regardless of how long you will be away. Think black, think washables."

Michael Clinton's top spots to see before you die

Paris, France
Santa Fe, N.M.
Antarctica



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First time cooking with lamb? Try this zesty lamb meatloaf

Ingredients

Meatloaf:

- 1 kg (2 lb) lean ground lamb
- 1/2 Spanish onion, diced
- 7 ml (1/2 tbsp) cracked black pepper
- 10 ml (2 tsp) cumin
- 2 eggs
- 175 ml (3/4 cup) bread crumbs

Pesto:

- 30 ml (2 tbsp) mustard seeds
- 30 ml (2 tbsp) fresh dill (or 15 ml/1 tbsp dried)
- 30 ml (2 tbsp) extra virgin olive oil
- 5 ml (1 tsp) sea salt

Glaze:

- 15 ml (1 tbsp) oil
- 125 ml (1/2 cup) onions, diced
- 125 ml (1/2 cup) red peppers, diced
- 250 ml (1 cup) red pepper jelly
- 125 ml (1/2 cup) beef stock

You may have to ask your grocery store or butcher for ground lamb but it's a good way to start if you've never cooked with lamb before.

1. For pesto: Put the mustard seeds, fresh dill, oil and salt in a mortar and pestle and "grind" to make a chunky paste-like mixture. (Use a food processor if you do not have a mortar and pestle.) Set aside.

2. For meatloaf: Preheat oven to 200 C (400 F). In a bowl, mix with your hands the lamb, onion, pepper, cumin, eggs and bread crumbs until just incorporated. Don't over-mix the meat.

3. Transfer the meatloaf mixture into a shallow pan. The meat should be wider than it is tall. Spread the pesto over the top. Put meatloaf into the oven on the middle rack. Bake for 50-60 minutes or until internal

Ground Lamb Meatloaf with Pesto and Red Pepper Glaze



This recipe makes 4 servings. THE CANADIAN PRESS

temperature reaches 68 C (155 F). Remove from oven and rest about 10 minutes.

4. For the glaze, heat a heavy skillet to medium-high. Add

oil, onions, red pepper and sauté until onions begin to brown. Add the red pepper jelly, stirring until the jelly melts down. Add stock and reduce heat. Cook until mix-

ture has slightly thickened.

5. Slice the meatloaf, and pour warm red pepper glaze over each slice.

THE CANADIAN PRESS/LAMBRECIPES.CA

Drink of the Week

Grey Goose Sling

- 1.5 oz Grey Goose L'Orange Vodka
- 0.5 oz freshly squeezed lemon juice
- 0.5 oz simple syrup
- 2 dashes Angostura orange bitters
- 5 blackberries
- Top with Perrier sparkling water

Add Grey Goose L'Orange, lemon juice, simple syrup, bitters and blackberries to a shaker and shake well. Strain over ice into an old fashioned glass. Top with Perrier and stir through delicately. Garnish with skewered blackberries.

RECIPES & PHOTOS
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Impress guests with Roasted Rack of Lamb

Ingredients

- 125 ml (1/2 cup) fresh bread crumbs
- 30 ml (2 tbsp) minced garlic
- 30 ml (2 tbsp) chopped fresh rosemary
- salt
- black pepper
- 60 ml (4 tbsp) olive oil (divided in half)
- 1 7-bone rack of lamb, trimmed and frenched
- 15 ml (1 tbsp) Dijon mustard



This recipe makes 4 servings. THE CANADIAN PRESS

1. Move oven rack to the centre position and preheat oven to 230 C (450 F).

2. In a large bowl, combine bread crumbs, garlic, rosemary, salt and pepper to taste. Toss in 30 ml (2 tbsp) olive oil to moisten mixture. Set aside.

3. Season the rack all over with salt and pepper. Heat 30 ml (2 tbsp) olive oil in a large heavy oven-proof skillet over high heat. Sear rack of lamb for 1 to 2 minutes on all sides. Set aside for a few minutes.

4. Brush rack of lamb with the mustard. Roll in the bread crumb mixture until evenly coated. Cover the ends of the bones with foil to prevent charring. Arrange the rack bone side down in the skillet.

5. Roast the lamb in preheated oven for 12 to 18 minutes, depending on the degree of doneness you want. With a meat thermometer, take a reading in the centre of the meat after 10 to 12 minutes and remove the meat, or let it cook longer, to

your taste.

6. Let it rest for 5 to 7 minutes, loosely covered, before carving between the ribs.

Note: Allow internal temperature to be 5 to 10 degrees F less than you like because the meat will continue to cook while it sits. Bloody rare: 46 to 51 C (115 to 125 F). Rare: 51 to 54 C (125 to 130 F). Medium rare: 54 to 60 C (130 to 140 F). Medium: 60 to 65 C (140 to 150 F).

THE CANADIAN PRESS/LAMBRECIPES.CA

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So who is the boss exactly? According to this author, it's you

The Power of One.

In her new book, Kathleen Brush explores her tough-as-nails leadership philosophy

JULIA WEST

Metro World News

Everyone seems to have an opinion on what it takes to be a successful leader, but Kathleen Brush wrote the book on it. The author spent years as a turn-around consultant, helping failing companies find their core issues

and resolve them. We caught up with Brush to chat about *The Power of One: You're the Boss*, her how to guide on being the boss.

Your book has some strong scenarios of poor leadership. Did you witness this behaviour first hand?

Yes, most definitely. I didn't have to conjure up any examples. It's funny, I often hear people say, "You could have inserted my name in any anecdote. I do the same thing and I didn't even realize."

So you saw many of the same problems surfacing at various companies?

Sure, if you want to look at general problems. The par-



ticulars can be distinct. Often, though, companies forget that they need to re-invent themselves. When they lack strong leadership, it can be devastating to progress.

Isn't that the core idea of your book?

It is, without question. I'm trying to address a problem I see everywhere: Talented people who get into leadership because they're a good account person, for example, but they're lacking as a boss.

Your book says that being the boss means being straightforward with employees, which is difficult for many people. What advice do you have for better communication?

I counsel people on this all the time because they're afraid to tell people they're not doing a good job. I tell them to put themselves in the employee's shoes. People want to know if they're not doing a good job and the company is in trouble. People want to do a good job.

When delivered correctly, employees won't feel like they're in trouble — they'll feel like they're being coached.

So how can people get it right?

I tell people to put their coach hat on, not the big, bad boss hat. These managers come back and say it was a great experience. The one thing I really want people to understand is that to be successful as a boss, you can't be the person you always disliked. You can't be the jerk boss. Be the boss that people like and respect.

What is the number one thing you want people to take from the book?

If they want to be a great leader, they can be.



Be the best boss you can be. ISTOCK

Office improv: Get your goof on at work

Professionals can be playful. Incorporating off-the-cuff behaviour into meetings can lighten the mood

NATALIE SHURE

Metro News World in New York

When most people think about improv comedy classes, they think about over-the-top performances and aspiring future Saturday Night Live cast members.

While this reputation for goofiness might seem ill-suited for the buttoned-up professional world, many improv theatre companies are challenging these expectations



Improv can help untie the rope of corporate workplace rules and loosen up employees to new ways of thinking and working. ISTOCK

"Yes, and..."

"We started to see how translatable the philosophies of improv were to corporate training."

Carter Edwards of Upright Citizens Brigade

ecca Cronin partnered with Stage Coach Improv as part of her work at her company. She described a heated meeting at the office shortly after several employees participated in a Stage Coach training session. "One of my colleagues stepped in and said, 'Yes, we're going to do that, and...' in a really exaggerated tone, and got everyone laughing," Cronin said. Recalling the lesson from improv helped get the meeting back on track.

Despite these professional benefits, it can be difficult to convince people to unwind in a work setting. "With professionals, you have folks who are at their best in front of a computer," DiNinni said. "We try to create a psychological safety net so everyone feels comfortable taking risks."

The majority of participants do eventually get past that hump. "I love watching the transformation in people when they finally relax enough to have fun with it," Cronin said. "These workshops are the time and place for it."

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by offering corporate training courses to various companies.

By drawing upon lessons from the world of improv, instructors strive to promote the development of team building, communication and problem solving skills applicable to the workplace.

"Improv is so cavalier and edgy," conceded Carter Edwards, who helms the corporate leg of the Upright Citizens Brigade. "But as soon as we started this, we started to see

how translatable the philosophies of improv were to corporate training."

Chief among these philosophies is the strategy of "yes, and," which encourages actors in a scene to accept and build upon anything their partners create.

"The majority of the corporate world would never think to do this, but as soon as we describe it to them, there's a major a-ha moment that goes on with the participants," Edwards said.

wards said.

To help professionals work harmoniously and productively, Rob DiNinni of Stage Coach Improv has also made "yes, and" a central tenet of his corporate improv program. "If you acknowledge and understand someone's point of view, you create a collaborative environment," DiNinni explained. "You can debate instead of negate."

Employees often bring these lessons back to their jobs after completing the program. Reb-

Taking on the challenge of change

Where do you go from here? A major transition is on the horizon, and it's how you handle it that might just determine your destiny

ASHLEIGH
TRAHAN
TalentEgg.ca

Going from a student to a fully formed adult can be a rocky transition. It's a stressful time filled with lots of changes: moving, job hunting, and saying goodbye to college friends as you go your separate ways.

As the old saying goes, the only thing that's certain in life is that things are going to change, so increasing your adaptability now will serve you well when you encounter unexpected life events down the road. So how do you deal with change? Here are a few tips:

Accept that you can't control everything

Things may not pan out exactly as you had envisioned for your



You're saying adios to one stage of your life and facing an uncertain future, which is both exciting and terrifying. How will you manage it? ISTOCK

career and life post-graduation. Your identity is in transformation mode, so things we were sure about in the past (friends, your career) now aren't so clear. While the unknown can be scary, there is also such a joy-

ful sense of opportunity about what's next. Daydream about the possibilities that are to come, or create a collage to act as your vision board. Optimism about what your future holds can be a real mood booster.

Enlist your friends and family for support

You're not the only one who's going through the transition after leaving school, so don't go it alone! Talk to a friend, family member, or a men-

tor you admire about what you're going through.

Sometimes you need a cheerleader in your corner, who will encourage you when you feel like you're stuck or overwhelmed. If you feel like you are better at expressing yourself through writing, keep a journal to keep tabs on how you're feeling.

Take action towards building your future

Now that you've left school, you have whole world of possibilities ahead of you. How can you start working towards your goals today? Perhaps you're not in your dream job immediately upon graduation, but that's okay (and pretty common!).

What small, obtainable steps can you take today to start working towards your goals? Taking action can be the best way to move forward during this transformational time; it will help you avoid feeling stuck or helpless.

As Maya Angelou said, "If you don't like something,

Be kind to yourself

Sometimes when we're going through a rough transition, we forget to be kind to ourselves.

- Be conscious of your thoughts, and choose to be as positive and grateful as you can. If you're having a rough day and feel like this whole adulthood thing is too overwhelming, schedule some time for an activity that makes you feel nourished and positive, like going to a yoga class or reading a good book. Taking some time to relax can help relieve some of the stress that comes along with the hectic pace of change.

change it. If you can't change it, change your attitude."

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Sens push Habs' backs up against the wall

The Senators' Daniel Alfredsson checks the Canadiens' Michael Ryder into the boards during Game 4 of their first-round playoff series in Ottawa on Tuesday. Kyle Turris's overtime goal capped the Sens' comeback from two goals down in a 3-2 win. They now lead the series 3-1. SEAN KILPATRICK/THE CANADIAN PRESS

Punter given second chance by Bombers

CFL. Pavlopoulos taken in the seventh round of the draft despite steroid offence

The CFL is giving Billy Pavlopoulos a second lease on his football life.

The Winnipeg Blue Bombers selected the former CIS punter/kicker in the seventh round, No. 54 overall, in the CFL draft Monday. The six-foot-three, 200-pound Pavlopoulos was eligible for selection despite being suspended for violating Canadian university sport's drug policy.

That's because Pavlopoulos's first positive drug offence came as an amateur while at the University of British Columbia. Had he committed the offence in another pro league, the CFL would've honoured the ban.

The CFL amended its policy following the 2006

Tweeted

"Feel extremely blessed with the opportunity given to me by @Wpg-BlueBombers thank you so much."

Billy Pavlopoulos on being selected by Winnipeg in the CFL draft

season after Ricky Williams played for the Toronto Argonauts while under suspension by the NFL for violating its substance abuse program.

"Collaboratively with the CIS we structured our policy to make sense for both people coming into the league as well as those currently on (CFL) rosters," said Kevin McDonald, the CFL's vice-president of football operations.

Pavlopoulos made 13 of 19 field goals in 2011 and posted a 43-yard punting average — second-best in the CIS. He also handled kickoffs, making him attractive to a CFL club because he can do all three jobs and save it a roster spot.

But Pavlopoulos tested positive Jan. 9, 2012 for stanozolol, a steroid, and received a two-year suspension. Pavlopoulos, 21, of Georgetown, Ont., didn't dispute the positive test but denied knowingly ingesting the steroid.

He said it was an unlisted ingredient in a supplement he had taken, an explanation the Bombers say they believe.

"It's a young man that maybe made a mistake — knowingly or unknowingly — and he said that's behind him and we believe him," Bombers GM Joe Mack said following the draft. "We had spoke to him before and afterwards and he said it was in a supplement that he didn't realize was in it and he

Stanozolol steroid

Stanozolol is the same steroid that was found in urine samples provided by Canadian sprinter Ben Johnson at the '88 Seoul Summer Games. As a result, Johnson was stripped of his 100-metre gold medal and world record.

- Because of his positive test, Billy Pavlopoulos would be deemed a first-time offender of the league's drug policy and have to undergo mandatory testing.

said he won't take any supplements anymore.

"Coach Dickenson (Bombers special-teams co-ordinator Craig Dickenson) believes he has a strong leg to be able to compete so that's why we took him in the seventh round." THE CANADIAN PRESS

NHL playoffs

Tavares propels Isles past Pens

John Tavares scored with 9:49 left, and the New York Islanders tied their first-round series with the Pittsburgh Penguins on Tuesday night with a wild 6-4 victory.

Tavares slammed in his own rebound in front after Brad Boyes fed him following a turnover by Penguins star Evgeni Malkin. It was the Islanders' third one-goal advantage in the game and the one that earned them a 2-2 tie in the highly entertaining series that has featured 5-4 and 6-4 finishes in Uniondale, N.Y.

Casey Cizikas shoved in a shot with 1:16 left to add some much-needed insurance.

Captain Mark Streit scored twice, and Brian Strait and Kyle Okposo also had goals, and Evgeni Nabokov made 27 saves for the eighth-seeded Islanders. THE ASSOCIATED PRESS

NHL awards

Fresh crop of defencemen up for Norris Trophy

Montreal's P.K. Subban, Pittsburgh's Kris Letang and Minnesota's Ryan Suter are finalists for the Norris Trophy, given annually to the NHL's top defenceman.

Each is a Norris finalist for the first time.

Subban topped the league's defencemen with 11 goals and 27 assists, Letang finished second in the scoring race among defencemen, and Suter ranked second among players at his position in assists (28) and third in points (32).

THE ASSOCIATED PRESS

World championship

Canada blows out Norway

Steven Stamkos had a goal and three assists to pace Canada to a 7-1 win over Norway at the IIHF World Championship on Tuesday.

Canada (2-0-1) played its best first period of the tournament so far and led by four goals after the opening 20 minutes.

Taylor Hall had two goals with Andrew Ladd, Matt Duchene, Jeff Skinner and Claude Giroux also scoring for Canada.

THE CANADIAN PRESS

2013 Ford Explorer Sport



ALL PHOTOS WHEELBASEMEDIA.COM

2013 Ford Explorer Sport

- **Type.** Four-door, four-wheel-drive wagon
- **Engines (hp).** 3.5-litre DOHC V6, twin-turbocharged (365)
- **Transmissions.** Six-speed automatic
- **Base price (incl. destination)** \$51,000

Design

Specialized body bits such as a darkened mesh-style grille combine with a similarly shaded lower air intake/spoiler to produce a somewhat menacing presence. Completing the look is a set of stylish 20-inch wheels wrapped in performance tires that leave a 23-centimetre-wide footprint.



Those stylish 20-inch wheels.

Power and torque

Like the Grand Cherokee SRT, the Explorer Sport includes standard four-wheel-drive, and it operates in conjunction with Ford's Terrain Management System that has been specifically calibrated to suit the Sport's needs. Included are specific power and torque settings for sand, snow and mud.

Engine

You'll find the comparatively humble 3.5-litre twin-turbocharged "Eco-boost" V6 under the hood, which is also found in the SHO Taurus and Ford F-150 pickup. The Explorer Sport is the only Explorer to get this engine, which is matched to a six-speed automatic transmission with paddle-shift controls.

Review. Competency on and off road coupled with fuel economy is now a reality, says Ford

MALCOLM GUNN
wheelbasemedia.com

In most cases, the term "sport utility vehicle" ranks as one of the most improperly used appellations ever devised, especially the "sport" part. But some members of this big-and-tall category, like the 2013 Ford Explorer Sport, actually get it right.

If you equate the word "sport" with a muscular demeanor, this unique Explorer trim level is right up your alley, or off-road path.

Keeping it all well planted on the road involves strengthening the Explorer's chassis, adding stiffer springs and shocks and installing a brace inside the engine compartment connecting the front strut towers. The brakes are bigger and the electric power steering has been retuned to

be more direct.

Although quick enough to 60 mph (96 km-h) — in the low-six-second range, claims Ford — the Explorer Sport is no match for the 2014 Grand Cherokee Jeep SRT, which rips to the same speed in 4.8 seconds. And in the towing department, the SRT's 3,270-kilogram rating trumps the Sport's 2,270-kilogram capacity.

However, the 2,230-kilogram Sport's base price of \$51,000 is about \$14,700 less than the 2,360-kilogram SRT's \$65,700 total. As well, the Explorer Sport's fuel numbers of 13.2 l/100 km in the city and 8.8 on highway are better than the SRT's 18.0/12.4 figures while offering seating for seven, versus the Grand Cherokee's five.

It's finished off with a premium-attired interior that includes leather-trimmed seats with contrasting inserts. The fronts are power-adjustable and heated. Also standard is a rearview camera, 12-speaker Sony audio system and MyFord Touch connectivity for the audio, communication and climate controls.



The sleek interior comes with leather-trimmed and heated front seats.

Beyond that, the Sport can be dressed up with pace-setting adaptive cruise control, dual-panel moonroof, power lift-gate, heated and cooled seats and a navigation system. You can also opt for inflatable rear seatbelts that, along with the side-curtain airbags, are designed to provide additional cushioning support for those in back in the event of a collision.

Keep in mind that dramatic-

ally upping the Sport's content level pushes it closer to the Jeep SRT's base price.

Ultimately, the Explorer Sport does live up to its handle, but it's far from an out-and-out power-is-the-object, go-anywhere wagon. In that regard, it offers a fair balance of lively performance, passenger comfort and cargo capacity, at a price that's within reach of eager "sport" utility vehicle patrons.

Compare



1 Jeep Grand Cherokee SRT
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2 Dodge Durango R/T AWD
Base price: \$48,700



3 Landrover LR4
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My children need to ditch the Mother's Day card and clean her car instead



The Canadian Tire team doing what my children should have done for Mother's Day. MIKE GOETZ

Autopilot. The car makeover for that appreciative time of year could be a new tradition in the Goetz household, right kids?



AUTO PILOT
 Mike Goetz
 drive@metronews.ca

Hard up for a way to celebrate Mother's Day?

Usually I'm not full of suggestions. Usually I could only suggest gift ideas to stay away from, based on the reactions they created on Mother's Days gone by. For example, as Mother's Day gifts, I would definitely stay away from groceries, laundry detergent, and personal coupons redeemable for household chores you're already expected to complete. Actually the coupons

are mostly all right, as long as you don't make them, as I did one year, with really tight expiry dates.

But Canadian Tire recently tuned me into a great way to honour the mother in your family on her special day — clean her car inside and out. They also suggested families could add some relevant accessories, to give her something approaching a "Mother's Day Car Makeover."

Of course the fine folks at Canadian Tire want to sell car cleaning products and accessories, but they're definitely on to the spirit of Mother's Day. Mothers just love it when their families — and especially the kids — turn the tables, and work in love for the mothers, as the mothers work in love for their families every other day of the year. Excuse me, I seem to be tearing up a bit here... must get a tissue. Oh damn, I just wish I had more tears, so I could clean Mother's car

completely with tears!

If tears aren't handy, go with a power washer.

That's how the team at Canadian Tire started cleaning our family car, driven mostly by the mother in our family, my wife Diane. As part of a press function, Canadian Tire offered to clean the Fit to show off the company's do-it-yourself cleaning and car organizational products, and to promote the concept of the Mother's Day Car Makeover.

And clean it they did. It looked — and smelled — incredible. I was particularly impressed with Autoglym's Aqua Wax, which proved to be a quick an easy way to give your ride a protective and shiny wax job. You spray it on while the car is still wet after washing. They you just spread it around with a micro-fibre cloth, and dry and shine it with another, and you're done.

Our teenage kids,

Amelia and Jared, were invited to help clean, to make Mom feel more special, but they were not available. We didn't give them enough notice. They couldn't clear their schedules. But they promised to have their people call our people and set up a meeting to discuss other Mother's Day proposals.

So this column could have been how Amelia and Jared cleaned their mom's car for Mother's Day. Now it's to shame them into doing something else. In keeping with the auto theme, Jared, how about replacing the Honda's timing chain? I believe its due for one. It's also due for an air conditioning service. Amelia, I know a container of re-frigerant and socket set with your name on them.

Failing that, maybe a coupon for cleaning the Fit the next time its needs it (with no expiry date on the coupon.)

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Horoscopes

Aries

March 21 - April 20

Some issues should be taken seriously but others are just not worth the effort and what happens today falls squarely in the latter category. Don't waste your time and energy on trivial things, or trivial people.

Taurus

April 21 - May 21

Major changes are in the air and you will be at the center of them. It isn't true, as some people claim, that Taurus types stick with the tried and trusted.

Gemini

May 22 - June 21

You may feel restricted in one area but maybe that is a sign from the universe that you should be concentrating your efforts in a different area entirely. Give it some thought over the next 24 hours.

Cancer

June 22 - July 23

You may not be as forceful as some people but you have your moments now and again. With Mercury and Mars acting together today you will find ways to persuade the world to take care of your needs.

Leo

July 24 - Aug. 23

No matter how smart you may be there will always be someone who is smarter and you forget that fact at your peril. If you know when you have met your match you won't have any problems today.

Virgo

Aug. 24 - Sept. 23

No matter how daunting the task that confronts you today you will tackle it head on and make a huge success of it. Later in the week you will be more relaxed about life.

Libra

Sept. 24 - Oct. 23

Your thought processes are moving so fast at the moment that you come up with answers to questions that have not even been asked yet.

Scorpio

Oct. 24 - Nov. 22

You may be tempted to give a friend some advice today but the planets warn that probably isn't such a good idea. On this occasion it might be wise to keep your mouth shut.

Sagittarius

Nov. 23 - Dec. 21

You have never been the sort to play safe and you are not about to start now. If you take some sort of gamble today it may well pay off but don't forget that there are no guarantees.

Capricorn

Dec. 22 - Jan. 20

You need to give yourself a bit more space and find ways to spend time on your own. There are so many things that need doing this month and your workload is sure to increase, so relax while you can.

Aquarius

Jan. 21 - Feb. 19

Make time for your nearest and dearest today. Your work schedule may be punishing but even if you get through it all it won't bring you anywhere near the satisfaction that spending time with your loved ones does.

Pisces

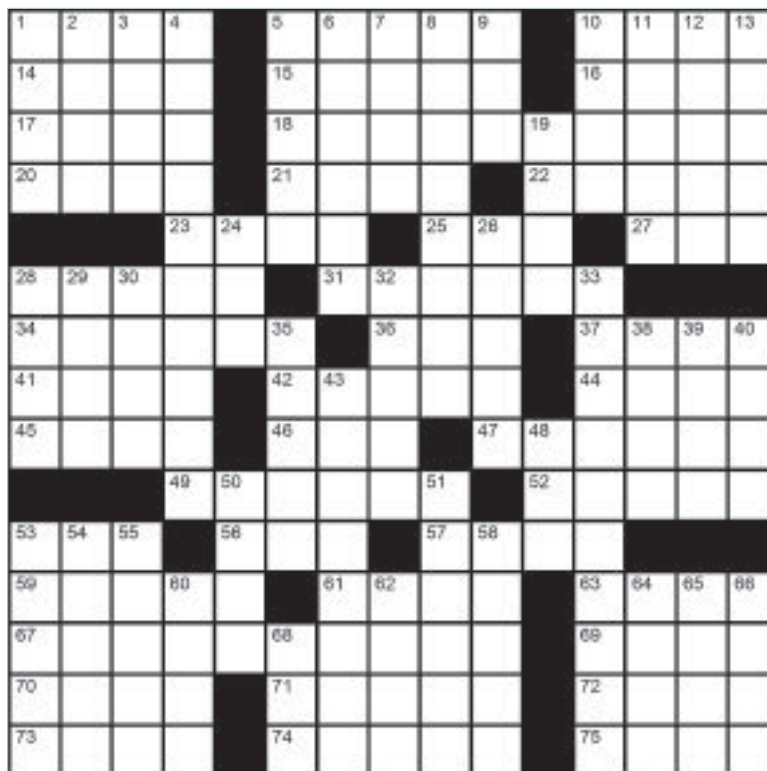
Feb. 20 - March 20

Some people will always be critical of your efforts and they are the people you should always ignore. You know they are driven mainly by jealousy, so pretend they don't exist — that will annoy them even more! **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. "___ sure you already know...": 2 wds.
5. ___ world record
10. Just about
14. Bible pronoun
15. Friend: Italian
16. Pledge
17. Pulls along
18. Ottawa-born impressionist: 2 wds.
20. Search
21. ___ it (Is a con-spirator)
22. Prairies product
23. Existence
25. Wynonna's sis
27. Yukon's li'l neighbour
28. Dog of Japan
31. The Book of ___ (Show in Toronto)
34. Pronoun
36. Wee weekday
37. 'Def' suffix
41. General Robert ___
42. Not now
44. Flimsy
45. Prophet
46. Island: French
47. Northern Pike's "___ You Fool"
49. Fancy fabrics
52. Ms. Blanchett's
53. Toast topping
56. Jogged
57. Related
59. "The Untouchables" role, ___ Ness
61. Betting card game
63. BMO competitor
67. Canada's ___ (North of Toronto amusement park)



Down

1. Tourist ___. (Places on postcards)
2. Boot alternative
3. "Thanks, ___ you one."
4. Stratford Festival play starting May 18th, The Three ___
5. Traditional outfits
6. Marshall Mathers, to rap fans
7. Mr. Torres, Bon Jovi drummer
8. Canadian supermodel, Monika ___
9. "You've Got Mail" co.
10. Chris of "The Good Wife"

BY KELLY ANN BUCHANAN

11. Finished food
12. Attorney-___
13. Bookdom's Mr. Butler
19. "___ Have Nothing)" by Tom Jones
24. Actress Ms. Field, to pals
26. Smug-looking smile
28. Actor Ed of "Daniel Boone"
29. Kid on "South Park"
30. 1989 Bad English hit: "When ___ You Smile"
32. A lot
33. Journalism job: 2 wds.
35. CBC cooking show, "In the Kitchen with Stefano ___"
38. Flapper's fabrication
39. Arrived
40. Gets by, just barely
43. MB city bordering SK: 2 wds.
48. Marie-Claire's 'here'
50. Mr. Johnson of "Laugh-In"
51. Ontario city on Lake Huron
53. Gem
54. Unaccompanied
55. Subcompacts
58. ___ moment (Meant for a snapshot)
60. "What are the ___?"
62. Swiss river, variantly
64. Cedar Rapids state
65. Poison singer, ___ Michaels
66. Pepsi holders
68. Shortened streets

Yesterday's Crossword

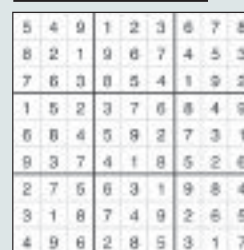


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

THURSDAY

FRIDAY



MAX: 14°
MIN: 7°



MAX: 13°
MIN: 4°



MAX: 8°
MIN: -2°



JENNA KHAN
WEATHER SPECIALIST

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GIVING KIDS A SPORTING CHANCE IN MANITOBA



Brayden was nine years old when he decided he'd like to try goaltending for his local Atom hockey team. His parents couldn't afford to enrol him, so they approached Susan Cable at Child and Family Services of Western Manitoba for help. Cable has been connecting kids in Brandon with Canadian Tire Jumpstart for about five years.

"Sports should be accessible to everybody, but without the help of Jumpstart a lot of families wouldn't be able to afford to take part," says Cable. "Jumpstart helps between 20 and 30 of our kids every year get involved in everything from hockey to after-school dance programs."

Cable says that participating in sports helps children improve everything from their mental health through

JUMPSTART DAY EVENTS

Saturday, May 25, is Jumpstart Day. Many Canadian Tire Retail stores across Canada are planning fun activities to help raise money for their local community, such as charity barbecues, GoClean waterless car washes, and other fun games. Visit your local Canadian Tire store on May 25 to help kids in your local community "get in the game."

To learn more about Jumpstart Day events, visit www.jumpstart.canadiantire.ca/en/events

help change it all.

Canadian Tire, Sport Chex, Mark's or call 1-877-616-6600
ed ball in exchange for a \$2 donation.
p all kids play

IN 2012, MORE THAN
\$376,296
WAS INVESTED IN MANITOBA
TO GIVE KIDS A
SPORTING CHANCE



Jumpstart

boosted self-esteem to their physical health. "I get thank you letters all the time from kids who are grateful that Jumpstart has given them the opportunity to participate," she says. One of those letters was from Brayden. "Thank you Jumpstart for sponsoring me to play hockey this year," he wrote. "I had a great first year of Atom and love being in net."

I really liked my team, we joked around and laughed lots in the dressing room and we all had each other's backs on the ice. I can't wait till hockey season starts again."



CANADIAN TIRE JUMPSTART HELPS KIDS REALIZE THEIR SPORTING DREAMS



vision is more than getting children involved in sports and recreation—it's to have a country where all kids have a chance to fulfill their dreams," says Johnny Mitley, the President of Canadian Tire Jumpstart Charities.

What kid doesn't love to swim, dance or play soccer, basketball, baseball or hockey? Not only are those activities fun, but research also shows that physical activity and access to sports for children leads to increased self esteem, strong leadership skills and improved school performance.

The reality is that one in three Canadian families can't afford to enroll their sons and daughters in sport and recreational programs. That's where Canadian Tire Jumpstart comes in. The national charitable program is making a real difference in the lives of young kids from age four to 18, and its annual May Red Ball Campaign contributes to those efforts. The campaign's slogan, "Together we can help all kids play," couldn't be more apt.

In return for a \$2 donation at any Canadian Tire Retail, Sport Chek, Atmosphere, Mark's or Canadian Tire Gas+ store, customers will receive a mini red volleyball or soccer ball throughout May. One hundred per cent of donations go directly to help deserving kids in each store's community participate in organized sport and recreation.

Since Canadian Tire Jumpstart launched in 2005, it has helped more than 570,000 (and counting) kids take part in 73 different activities. "Our

to work in every community across Canada, with 332 local chapters built on the support from volunteers. These chapters work closely with more than 2,600 community partners to identify families with financial needs whose children would benefit from the programs. Jumpstart Ambassador and Olympic gold medalist Rosie MacLennan explains, "there are so many

benefits to participating in sports, from gaining social skills to building great friendships. All kids should have this opportunity, which is why I believe in the power of Jumpstart."

"This year Jumpstart is proud to welcome Sport Chek and Atmosphere stores, to the family. Since these two banners came on board in January, they have raised more than \$550,000 alone. Also, again this year we have support from a partner beyond the enterprise family Pita Pit who will also be offering Jumpstart red balls in exchange for a \$2 donation.

"We're giving children the chance to learn life skills, create lasting friendships and fulfill their dreams," says Mitley. "That's the power of sport."

For more information, visit jumpstart.canadiantire.ca or call 1-877-616-6600.

A little red ball can
Donate \$2 today. Visit your local C or Atmosphere store to receive a Jumpstart r
Visit jumpstart.canadiantire.ca
Together we can he



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Visit jumpstart.canadianfire.ca or call 1-877-616-6600



Jumpstart